

enough to care for a large quantity at one time. The temperature of the feedings should be warm, not hot, at about 90° to 95° F. Food fed in this way is not warmed by the bodily heat during the passage through the cesophagus, as in the normal method of eating. To avoid chilling the stomach and delaying digestion some slight warmth must be imparted to the food before its administration. Liquid medicines, laxatives, hypnotics, or stimulants may be given as needed through the feeding-tube at the time of the meals, as the patient does not taste them when fed in this way.

Rectal feeding may be necessary if the stomach be intolerant of food, as in cases of profound exhaustion, and in some cases of paralysis of the throat where passage of the tube is attended with serious difficulty. Rectal feedings are seldom given oftener than four times in the twenty-four hours. Predigested foods are preferred, as peptonized milk, eggs and milk, beef-juice, and so on. It is not necessary to describe this manner of feeding the insane, as it is a recognized therapeutic measure in cases of serious gastric disturbance in the sane, the methods employed being the same.

(To be continued.)

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#### THE FLOATING HOSPITAL OF ST. JOHN'S GUILD, NEW YORK CITY

By SARAH BESSIE PALMER

Chief of Trained Nurse Department

THIS is the day of the recognition of the germ, and not infrequently the discovery of the germ-root is the result of the study of effect, and from it, working backward, we reach the germ of cause.

I have been asked for a sketch of the "Trained Nurse Department" of the Floating Hospital of St. John's Guild, New York City, and surely this would be incomplete without a peep into the early history of this unique institution, and the demonstration of the germ incident from which it sprang.

In July of 1873 Mr. George F. Williams, then city editor of the New York *Times*, sent his family into the country, and one day as he was crossing the City Hall Park on his way from the Grand Central Station he saw five little children under a tree nearest to the fountain, and heard one of them say that they were "playing they were in the country." His ear caught the words, and his heart reechoed them, and he mentioned the incident to Mr. Jennings, the editor, and together they



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wrote an editorial, "Why Cannot the Poor Children go to the Country in the Hot Weather?" To this the public responded, and the "Fresh Air Work" started.

Mr. Williams's first step took the form of barge excursions for newsboys and bootblacks—types of the "gamin" to whom mischief and rough play are apt to be assigned as prominent characteristics; sentiment, solicitude, tenderness, and care of others are not usually credited to the noisy small boy. What, then, were the sensations of surprise when a ragged urchin approached Mr. Williams, hat in hand, saying, "Say, Boss, dis is fine for us, but what about me little sister, de kid, what's sick?"

The small boy sociologist had unconsciously laid bare the germ of the Floating Hospital, where "de kid what's sick" is the one to be cared for.

The need, the want thus exposed, had to be met, and it was. The idea was acted upon, and on July 19, 1876, the first trip of the Floating Hospital was made.

For eleven years three trips were made each week, and then there came forward movements in many forms. More trips were added, and the salt-water bathroom was thought of and established by the Hon. John P. Faure, ex-Commissioner of Charities of New York City and chairman of the Floating Hospital Committee for the past twenty-five years.

The trained-nurse department came into existence, small, to be sure, at first—one nurse one day in the week on one boat as an experiment. Need it be told that there was but one direction in which such a measure could move, and from that to a department comprising thirteen graduate nurses six days a week the growth was both rapid and steady, and it is my great privilege, after five-years' experience, from assistant to chief of the nursing department, to undertake a description of its functions.

At the present time there are two Floating Hospitals—namely, the Emma Abbott, No. 1, and the Helen C. Julliard, No. 2, which accommodate daily three thousand mothers and infants: one hospital on either side of the great city of New York, and each perfectly equipped for the work for which they are intended—namely, "the care of the sick and destitute poor of the city!" They are put in commission early in July, and continue during the scorching summer months far into September.

There is no training-school connected with these hospitals, but each department is under the direction of a graduate nurse and assistants—namely, wards, upper deck, quarantine, salt-water bathroom, and milk department.

All employés are on duty at six A.M. daily and receive their three meals on board: the staff dining-room is in the neatly fitted cabin built for that purpose on the main deck in the bow.

There are three landings daily on each side of the city and in Brooklyn. The first is made at eight A.M., and as the hospital approaches the pier one sees in line hundreds of anxious mothers carrying the sick children, who have patiently awaited the approach of the hospital for some time, for many leave their homes very early to get out in the free, open air.

Each mother presents a ticket containing the name, address, age, and diagnosis signed by a physician, and often the treatment given. In such cases the same is carefully carried out by the hospital physician, thus avoiding any harm by change of treatment.

These cards of admission are obtained at all dispensaries and hospitals and from most physicians in the city. The little patients undergo two examinations, first by the representative of the Board of Health; then they are passed on to the hospital physician, and by him are sent to the different departments—all done by the ticket system.

No contagious cases are admitted; therefore, should they be discovered by the physician of the Board of Health on the pier, they are turned aside, name and address taken, and the case is reported; should, however, a case be discovered on board during the day, it is immediately isolated in the quarantine ward and the necessary care given. The head nurse stands at the head of the gang-plank to direct whenever necessary.

All cases which are too ill to be sent to the upper deck are immediately given either a dispensary or ward ticket, and between landings receive a reexamination by the hospital physician, who prescribes accordingly. Many cases come daily or as often as is necessary for the benefit of the sick child.

Two rounds are made daily in the different departments, and any case which might have developed during the day is given attention.

All deck cases receiving medicine are marked with tags bearing the name of the medicine, time of administration, and dosage. Either the nurse in charge of the department in which the case occurred gives the required medicine, or, if the mother is sufficiently intelligent, she is allowed to give it herself under the direction of the nurse. Each patient receives a separate bottle and spoon. Each family in the morning on entering the hospital and again during the noon hour receives a ticket bearing the number of children or adults who are entitled to receive milk, and these tickets are presented at the milk department at ten A.M. and two P.M., when fresh, cold milk is distributed.

DOCTOR AND NURSES MAKING ROUNDS ON THE UPPER DECK OF THE EMMA ABBOTT





CHIEF NURSE LECTURING TO MOTHERS' DIETARY CLASS

Especial care in the feeding of infants is one of the important features of this milk department. Many formulas are prepared under the supervision of a graduate nurse. The infants are furnished with a different bottle at each feeding; formula, amount, and time is indicated on the ticket prepared by the attending physician on the pier; then the time of last feeding is marked on the ticket by the nurse when the food is given to the mother, thus teaching the importance of systematic feeding.

Instructions of one hour are given tri-weekly by the chief of the nursing department to young mothers, half of the time assigned to the lecture being devoted to the care of infants, preparation of foods, etc., and the remaining half hour is given them for asking questions, and I can hear testimony that they show thought and an intense desire for better living.

At the noon hour anchor is cast twelve miles down the bay and one mile from shore, practically at mid-ocean, and full benefit of the sea-air is obtained. Opposite this anchorage is the Seaside Hospital, to which the severe cases needing constant attention are transferred, always accompanied by the mother, who remains indefinitely, at the discretion of the hospital physicians.

The electric water ambulance is always on the alert, and comes promptly to the rescue in transferring the sick infants and tired mothers as soon as anchor is cast.

There is a dining-room belowstairs with a seating capacity of three hundred and fifty at one meal. Here all mothers and children are given a hot meal at the noon hour.

At three-thirty p.m. the anchor is raised and the hospitals return to the city, landing all at their respective piers, children improved and mothers wiser for the day's trip.

During the past season eighty-one thousand five hundred and fifty-four mothers and children were carried, sixteen thousand seven hundred and twenty-six medicated baths given, and five thousand and thirty-one cases were under treatment.

The warm-hearted public of New York City has proved its interest not only by personal contributions, but by many endowed beds in the wards.

If there is one department that stands out above another, it is the salt-water bathroom. This is under the supervision of a trained nurse, and many assistants who speak different languages. This room is fitted up with six porcelain tubs for infants and twenty-five spray baths for older children and mothers. The salt water is heated at any temperature desired and forced from the bay by means of machinery espe-

cially adapted to that purpose. All kinds of medicated baths are given as well when ordered by the hospital physician with fresh water, working in the same manner.

The lessons of the bathroom, the careful instructions given to mothers and children, cannot but bear fruit for generations to come. No baths of salt water are given until the hospital is well down the bay, thus avoiding the stagnant waters around the city. It will doubtless be seen that this department has become an educator among the tenement poor.

I think I have given a fair idea of the work of the Floating Hospitals; but let me add one more and a most important one, the care, guidance, and instruction of "little mothers." These little girls, children only from six to twelve years of age, whose faces already show signs of care and responsibility, appeal to the thoughtful. These are the cases receiving special instruction and attention—the little mother of ten years, with infant in arms, many times two or three other children following, whose mother is ill in some hospital or toiling hard to support the family, but who knows well that her little ones are carefully protected on "The Floating Hospital," and then we see the happy father, who after a hard day's work comes to meet his family at the pier on the return trip, delighted to see the change for the better in his children. And again we see the anxious father meeting the hospital upon the return trip to inquire after his very ill child, who had been left at the Seaside Hospital with its mother.

Among the hundreds of women there are many pitiful stories poured into the ears of the nurse on the upper deck, and they are listened to with patience. Then the name and address of the woman is taken and given to one of the district visitors employed to look them up in their homes, and, if worthy, the case receives attention from the city.

I leave you, my reader, to draw your own deductions of the benefit of the work done on board these hospitals during the busy days, all of which are too short, and you can't help but be impressed with the fact that they are hospitals, and not excursions.

Surely such institutions of mercy cannot die, but must live on from generation to generation, growing stronger and broader in many lands, among people of various tongues, and perpetuate wherever existing an ever-living memory of their founders, who through their infant life guided them through many struggles, and have brought them to such perfection. Truly has it been said, "A little child shall lead them."



SALT-WATER BATH-ROOM ON THE EMMA ABBOTT